



Life is a Banquet Coaching Services



Transformational Life Coaching

Group Sessions, Workshops and Webinars

WWW.SHELLEYBRADFORDBELL.COM

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415-749-1083
800-605-3790



Inspirational Introductory Session \$125.00



This one-hour introductory session will provide a safe space to explore the benefits of coaching for your personal growth and where to begin.



DURING THE ONE-HOUR SESSION CLIENT AND COACH WILL EXPLORE

- What you are looking to gain from coaching.
- What outcomes and expectations you envision?
- Your life, hobbies, and how you think coaching will help you.
- Your main outcomes to achieve through this process?
- Have you gone through a process like this before?
- Are you ready and willing to commit?
- Possible ways coaching can help.

PURCHASE A COACHING PACKAGE WITHIN 60 DAYS OF
THE SESSION AND RECEIVE \$125.00 OFF.

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1. \$125.00 paid in full at time of registration.
2. One 55-minute session to explore the benefits of coaching and what best fits the client's needs.
3. Must be used within 30 days of purchase.
4. Non-refundable / Non-transferable

INSPIRATIONAL INTRODUCTORY SESSION \$125.00

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3. Must be used within 30 days of purchase.
4. Non-refundable / Non-transferable
5. Purchase a coaching package within 60 days of the session and receive \$125.00 off the package.

This one-hour introductory session will provide a safe space to explore the benefits of coaching for your personal growth and where to begin.

During the one-hour session Client and Coach will explore

- ✓ What you are looking to get from coaching
- ✓ What outcomes and expectations do you envision?
- ✓ A conversation about you, your life, hobbies, and why you desire coaching.
- ✓ Your main outcomes to achieve through this process?
- ✓ Have you gone through a process like this before?
- ✓ Are you ready and willing to commit?
- ✓ Possible ways coaching can help.

SHELLEY BRADFORD-BELL



CONTACT INFORMATION

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ONLINE PRESENCE

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Professional Profile

Shelley Bradford Bell is founder and CEO of 3FIVE55 Communications LLC, a consulting, coaching, and publishing business and publishing company. Shelley founded 3FIVE55 after 38 years of creating marketing campaigns, and providing consulting services to corporations, nonprofits, and C-suite clients, for her company SBB Communications. She founded and produced the San Francisco International Women's Day Awards Luncheon and Summit from 2011 to 2017 and the Northern California Environmental Expo, which ran for two years.

Shelley is a successful community organizer representing community organizations. She provides organizational development and strategic leadership planning to Non-profit organizations, as well as serving as Interim Director for organizations experiencing Executive Director transition.

She has created and executed public relations and promotions campaigns for a long list of corporations since 1983, specializing in public relations for small businesses, corporate relations programs, and Incentive, and Executive Travel Services and Nonprofit Management Services.

Shelley Bradford-Bell served as Executive Director of the Bayview Opera House from 1997 until 2007, raising more than \$10 million for programs and the restoration of this historic landmark.

She provided Fund Development for Booker T. Washington Community Service Center (BTWCSC), successfully helping to raise \$34 million to build a new state-of-art Community Center with transitional housing for Emancipating Youth. In 2022,

Shelley later served as Interim Director for BTWCSC during the leadership transition within the organization.